

## ABSTRACT OF THE DISCLOSURE

A vertically adjustable armrest assembly having a support, a plate fitted to an interior of said support, the plate having a series of vertically aligned openings, a slide having an armrest at a top end portion, and a lateral slot for guiding a block into and out of selective aligned openings in the plate. A rod having a saw tooth portion complementing a slanted opening in the block allows manipulation of the rod to selectively move the block into and out of the plate openings.